

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:30	CDR	Physical Exercise (CEVIS)
08:30-10:00	CDR	Physical Exercise (RED)
10:30-11:20	FE-1	Physical Exercise (TVIS), day 3
12:00-13:00	FE-2	Physical Exercise (CEVIS)
12:10-12:50	FE-1	Preparation for donning Penguin pressure suit
12:50-13:00	FE-1	Donning Penguin suit
13:00-14:00	.	LUNCH
14:00-14:10	FE-1	Downloading data during Penguin suit wearing test
14:00-14:05	FE-2	BCAT-3. Camera checkout
14:05-14:20	FE-2	Private Family Conference ( <i>Ku + S-band</i> )
15:10-15:20	FE-1	Downloading data during Penguin suit wearing test
15:20-15:35	FE-1	Private Psychological Conference (VHF)
15:50-16:00	FE-1	Downloading data during Penguin suit wearing test
15:55-16:10	FE-2	Private Family Conference ( <i>Ku + S-band</i> )
16:00-16:10	FE-1	Penguin suit closeout ops
16:10-16:20	FE-1	Penguin suit data downlink via BCP-TM after wearing test
16:45-18:15	FE-2	Physical Exercise (RED)
17:00-17:40	FE-1	COЖ maintenance. <b><i>CBO, CП, and POTOK Air Purification System data calldown</i></b>
17:00-17:15	CDR	Private Family Conference ( <i>Ku + S-band</i> )
18:15-18:45	.	Evening work prep
18:45-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	ECON. Observations and Photography
		URAGAN. Observations and Photography
		DIATOMEA. World Ocean Observations

**Notes:** 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion /

End of Radiogram